

2015 Mold Avoidance Survey

Improved Participants – More Severe vs. Less Severe

This document summarizes the responses of the participants in the 2015 Mold Avoidance Survey who reported improving at least two levels on the activity scale and who provided responses to the questions about how effective various therapies had been for them.

It compares “More Severe” individuals (those who were housebound or bedridden prior to avoidance) and “Less Severe” individuals (those who were able to leave the home at least a few times per week prior to avoidance).

There were 91 “More Severe” individuals and 46 “Less Severe” individuals.

The first number in each column (in bold) is the percentage of those meeting the stated criteria and who had tried the treatment who said that the treatment had been critically important or very helpful for them.

The second number in each column (in parentheses) is the percentage of those meeting the stated criteria who said that they had tried this treatment.

P-values were calculated using a 2-sample z-test, comparing the percentages of those who said that the treatment had been critically important or very helpful to them (compared to all of those who reported trying the treatment) for More Severe vs. Less Severe participants.

Yellow highlighting = less severe participants were more likely to have reported benefiting from the treatment.

Blue highlighting = more severe participants were more likely to have reported benefiting from the treatment.

MOLD AVOIDANCE

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Staying out of problematic buildings	95% (99%)	91% (100%)	
Paying attention to cross-contamination of possessions	85% (91%)	76% (91%)	
Staying away from locations with problematic outdoor air	75% (78%)	58% (67%)	p<.10
Showering and changing clothes after exposures	73% (78%)	51% (76%)	p<.05
Avoiding toxins in tap water	69% (65%)	50% (57%)	p<.10
Avoiding toxins in foods	78% (90%)	79% (83%)	
Avoiding environmental chemicals	73% (99%)	87% (99%)	

DETOXIFICATION TREATMENTS

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Sweating (e.g. through sauna, hot springs, heat or exercise)	56% (65%)	55% (67%)	
Cholestyramine (CSM)	64% (52%)	65% (37%)	p<.10
Welchol	38% (9%)	50% (13%)	
Other intestinal binders (e.g. bentonite clay, activated charcoal or CholestePure)	61% (59%)	50% (43%)	p<.10
Chelation (e.g. EDTA or ALA)	44% (18%)	40% (22%)	
Nutritional supplements (e.g. to support methylation or address pyroluria)	64% (70%)	69% (70%)	
Glutathione	26% (52%)	52% (50%)	p<.05
Juicing, green smoothies or raw produce	50% (66%)	39% (78%)	
Coffee enemas	71% (26%)	80% (22%)	
Colonics	43% (25%)	50% (17%)	

PATHOGEN TREATMENTS

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Antiviral drugs	40% (27%)	0% (9%)	p<001
Antiviral drugs	40% (27%)	0% (9%)	p<05
Antibiotic drugs	26% (56%)	30% (37%)	p<.05
Antiparasitical drugs	36% (34%)	38% (17%)	p<.05
Antifungal (or anticandida) drugs	54% (45%)	67% (52%)	
Treatment of fungal sinus infections	63% (33%)	68% (41%)	
Treatment of MARCoNS sinus infections	90% (22%)	63% (17%)	p<.10
Herbs	46% (67%)	46% (48%)	p<.05
Chlorine dioxide (CD)	75% (9%)	75% (9%)	

DRUGS AND NATURAL REMEDIES

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Vasoactive intestinal peptide (VIP)	73% (12%)	66% (7%)	
Desmopressin (DDAVP)	56% (10%)	0% (4%)	
Bioidentical Hormones	40% (31%)	60% (11%)	p<.01
Low-dose naltrexone (LDN)	32% (31%)	60% (11%)	p<.01
Benzodiazapines (e.g. Klonopin)	41% (35%)	30% (22%)	
Anticonvulsants	27% (16%)	0% (7%)	
Marijuana	25% (31%)	50% (13%)	p<.05
Immune suppressant drugs	18% (12%)	0% (2%)	p<.05
Mast cell inhibitor drugs or supplements	28% (15%)	33% (7%)	
Probiotic supplements	58% (80%)	58% (74%)	
Homeopathic remedies (e.g Hahnemann or Boiron)	33% (46%)	18% (37%)	

NUTRITIONAL SUPPLEMENTS

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Nutritional IV's (e.g. Vitamin C, Myers cocktails, ALA or saline solution)	55% (42%)	58% (41%)	
Vitamin B12	45% (70%)	59% (59%)	
Activated folate (e.g. methylfolate)	52% (53%)	69% (35%)	p<.05
Any other B vitamins	38% (31%)	56% (54%)	p<.01
Vitamin C	41% (74%)	65% (67%)	p<.05
Vitamin D	49% (75%)	48% (74%)	
Coenzyme Q10	34% (46%)	56% (46%)	p<.10
Magnesium	67% (74%)	54% (72%)	
Omega 3 oils (e.g. flax or fish oil)	70% (53%)	48% (67%)	p<.05
Phosphatidyl choline	50% (26%)	33% (20%)	

DIETARY CHOICES

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Autoimmune Paleo diet (e.g. GAPS or SCD)	66% (55%)	37% (35%)	p<.05
Autoimmune Paleo diet (e.g. GAPS or SCD)	66% (55%)	37% (35%)	p<.05
Paleo diet (e.g. Bulletproof or Wahls)	56% (54%)	62% (46%)	
Large amounts of produce	57% (76%)	68% (67%)	
Fermented foods	22% (54%)	25% (43%)	
Extra dietary electrolytes (e.g. salt or potassium)	57% (60%)	52% (63%)	
Avoidance of manmade chemicals (e.g. organic diet)	77% (84%)	73% (74%)	
Low-mycotoxin diet	71% (64%)	80% (43%)	p<.05
Gluten-free diet	71% (76%)	89% (80%)	p<.05
Avoidance of other problem foods	74% (86%)	82% (85%)	

OTHER THERAPIES

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Bodywork (e.g. massage, reflexology or craniosacral)	43% (69%)	58% (63%)	
Neural therapy	50% (11%)	25% (9%)	
Acupuncture	29% (53%)	18% (24%)	p<.01
Chiropractor	35% (55%)	50% (52%)	
Active exercise (e.g. walking or swimming)	42% (85%)	48% (80%)	
Stretching exercise (e.g. yoga or tai chi)	38% (74%)	50% (78%)	
Medical ozone therapy	50% (7%)	75% (9%)	
Hyperbaric oxygen therapy	58% (13%)	100% (4%)	p<.10
Environmental air filters	46% (77%)	51% (72%)	
Filtration mask	58% (57%)	42% (39%)	p<.05
Environmental ozone	17% (20%)	26% (17%)	

BRAIN RETRAINING

“How helpful have you found brain retraining or amygdala retraining techniques to be for controlling your reactions to MOLD toxins?”

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Brain retraining	39% (23%)	25% (9%)	p<.05

Avoidance Activities

“Which of these mold avoidance activities have you done?”

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
I remediated my home for a major toxic mold problem and am living in it now.	18%	20%	
I moved out of a home with a major toxic mold problem.	76%	54%	p<.01
I stopped working or going to school in a building with a major toxic mold problem	33%	39%	
I went on a sabbatical away from my suspect home and possessions to see if it made a difference for me.	45%	30%	p<.10
When moving from a house with a toxic mold problem, I disposed of some or all of my belongings or put them in storage.	75%	65%	
I had an ERMI or HERTSMI-2 done on my current home and it came up okay for me.	21%	13%	
When I have a choice, I try to stay out of moldy buildings.	95%	89%	
I use my own reactions to determine whether I am being exposed to mold toxins that might be harmful to me.	88%	93%	
I moved from a location that I suspected or knew had problematic toxins for me in the outdoor air to a location that seemed like it might be better for me.	53%	34%	p<.05
I routinely take a shower and change clothes as soon as possible after being exposed to problematic mold toxins.	65%	59%	
I periodically spend time in relatively pristine places in order to get clear of toxic exposures.	57%	35%	p<.05
I have been known to shift locations in order to avoid plumes of toxins in the outdoor air.	31%	28%	
I have lived in a tent or vehicle for more than a few weeks in order to reduce my exposure to mold toxins.	29%	17%	

Mold Avoidance Skill

“How good are you at immediately sensing or guessing whether you currently are being exposed to environmental mold toxins that will turn out to be a problem for you?”

	<u>More Severe</u>	<u>Less Severe</u>	<u>P-Value</u>
Percentage stating extremely good or very good	67%	52%	p<.10